

## THIS I BELIEVE

Have you ever felt sad, angry or confused? Have you ever felt happy, joyous, accomplished? Have you ever felt bored, insignificant or just plain moody? I have, and every time I do, I listen to music, the reason being that every time I hear the first note of a melody or the opening lyrics of a song, my spirit lifts and I feel comforted. That is why I believe in the power of music.

I listen to music in all types of languages and in all genres – rock, pop, ballads, dance songs, instrumentals, et cetera. Just like how chocolate makes you feel good after eating it, music makes me feel good after listening to it. When listening to music, I completely lose myself in the notes, the lyrics, the entire meaning of the song. If it is a dance song, I dance along to it, enjoying the feeling of the movement. If it is an instrumental, I close my eyes, lie back and enjoy the music washing over my overwhelmed brain, soothing and relaxing it. If it is rock, I jam along to the music, singing along to the lyrics and bopping to the drum beats. No matter what the genre, type or language, it never fails to lift me from the doldrums.

I came across this quote on Youtube one day. It said:

“Lady Gaga taught me it’s okay to be different. Ke\$ha taught me to be myself and not care what anyone else thinks. Bruno Mars taught me to do anything for that one person I love. Eminem taught me that life is hard but you can make it through. Taylor Swift taught me not every guy/girl is going to treat me right. Michael Jackson taught me to always love the people around me. Music taught me how to live. ♥”

I thought that it was really meaningful. I’d never really thought about it, but when I read this quote, I realised the unique personality of every English singer that I listen to. Every song that they wrote or sung holds a special meaning, and they wanted to convey it to the people who listened to their song, for example, Lady GaGa’s Just Dance or Eminem’s Love the Way You Lie. And though I’ve never been in love, this particular line in Taylor Swift’s song, Back to December, “So this is me, swallowing my pride, standing in front of you, saying I’m sorry for that night”, really struck a chord within me. There was this one time, I’d come back from school feeling really rebellious and had been unnecessarily rude to my mother. I’d hurt her really badly, and at night when I lay in bed, I could hear her crying. When I came across this song, I’d been grappling with my conscience for many days, and at the moment I heard this line, something clicked in me and I realised the correct thing to do – to apologise to my mother. After all, I’d been the one to hurt her. I should be the one to make her happy again.

Music gave me encouragement, made me learn to cherish my loved ones, helped me to pick myself up when I stumbled, fell and lost my way. They helped me through the pain of losing a friend. They helped me through the taxing periods of examinations. Most recently, they helped me through the uncertainty at the start of Secondary 3, when everything was new and unfamiliar. When I was lost, sad and alone, music gave me hope, helped me see the light at the end of the dark tunnel that I was treading, and held my hand, leading me toward that bright light.

Music is a part of my life, a part of my soul. I cannot imagine a life without music.  
...Can you?